

Office of Family Violence

801 E. Main Street, Richmond VA 23219
<http://www.dss.virginia.gov/community/dv/>

Special Topic- Child Abuse Prevention

April is Child Abuse Prevention Month. Support the [Blue Ribbon Campaign](#). Annually the governor designates April as Child Abuse Prevention Month in Virginia. Individuals and organizations in Virginia and across the United States mark the month with public awareness efforts and by distributing blue ribbons for people to wear and display.

Child abuse and neglect is the cause of more than 1,000 deaths each year in the United States. In Virginia, every 85 minutes a child is abused or neglected. Every 13 days a child dies from abuse or neglect. What can you do to [save a child](#) from abuse, neglect, and death?

Special Topic 2- Sexual Assault Awareness Month

April is also Sexual Assault Awareness Month. Join the movement and participate in SAAM on social media. This year's campaign is all about healthy sexuality and young people. It only makes sense to embrace technology as a powerful activism and education tool. You can use tweets, posts, and status updates to spread the word about SAAM. Learn more from the Social Media Tour at the SAAM blog [here](#).

Fundraising- Rich Rau Memorial Bike Tour and Pancake Breakfast

This bike tour will honor The Laurel Center's friend Rich Rau and is followed by a pancake breakfast. The tour is a self-paced ride through Clarke County, Virginia with courses 15, 30, or 50 miles. It's great for both recreational and serious cyclists. Tour registration is from 7:30 a.m. to 8:45 a.m. at Duncan Memorial United Methodist Church at 210 East Main Street. Tour starts at 9:00 a.m. The Pancake Breakfast will be from 7:30 a.m. to 10:00 a.m. For more information, click [here](#).



Funding Opportunities

[The Hearst Foundation](#)

Deadline: Open

Funding to provide opportunities to underserved and underrepresented populations, focused primarily in areas of education, health, social services and arts/culture.

[Wells Fargo Foundation](#)

Deadline: Open

Funding for community-based nonprofit organizations across the country in support of conservation, energy efficiency, infrastructure, and educational outreach efforts.

[Mary Kay Foundation](#)

Deadline: April 30, 2014

Domestic violence shelter grant applications are available from The Mary Kay Foundation from January 15 to April 30 each year. Awards are announced in October to coincide with National Domestic Violence Awareness Month.

[Red Rover](#)

Deadline: May 15, 2014

Funding to enable organizations that provide shelter to domestic violence victims to create space to house pets of victims on-site with their families where little to no pet housing was previously available.

Board Development- How Your Board Can Resolve Conflicts of Interest

Many people get involved with an organization because of a personal interest. For instance, the parent of a child with autism joins the board of a nonprofit that serves people with disabilities or a young professional who's passionate about the environment serves on the board of a local conservation group. Self-interest is not always a bad thing; in fact it is often a powerful motivator. However, when personal interests are at odds with the goals of an organization, or when they serve as a means for personal profit, it can lead to serious trouble. An article from *Guidestar* outlines some measures organizations can take to deal with conflict of interest challenges. Requesting conflict of interest policies from sister organizations, defining inappropriate behavior before it happens and disclosing anything and everything that could be a potential conflict are just a few of the pointers this article provides. Read more [here](#).

Grant FAQ

What is considered a building improvement? What is considered a maintenance repair?

As the FY2014 contract nears year end, many agencies find themselves in a position to submit a budget amendment request. We are providing the information below to assist agencies in better understanding the differences between an improvement to a property versus a typical repair or "maintenance". While maintenance expenses are an allowable expense, improvements are not.

An improvement is any type of renovation that will extend the "useful life" of the property. The theory here is that it will add value to the property for years to come and not just in the immediate. Improvements are generally considered adding something that was not previously there, upgrading something that was existing or adapting the asset to a new use. Improvements are usually more intensive than repairs and usually involve greater cost. Improvements include: adding an addition, central air conditioning, installing brand new carpet, replacing an entire roof, replacing all electric, replacing all windows, or renovating a kitchen.

A repair is maintenance that is necessary to keep the property in working condition. It is defined as those that "do not add significant value to the property or extend its life." They are reasonable in amount and are necessary to keep the property in habitable condition. Repairs are generally considered restoring an item to its previous good condition. Examples of repairs include: repainting a room, refinishing a wood floor, repairing a roof, repairing existing plumbing, replacing a doorknob or window, replacing a broken smoke detector, or replacing rotted or cracked floors.

Upcoming Training

April 7

[Supporting Survivors with Disabilities and Deaf Survivors](#)

This webinar will review unique dynamics of abuse for people with disabilities, the barriers these survivors face when seeking help, and offer strategies for increasing capacity.

April 21

[Trauma-Informed Birth Support for Survivors of Abuse](#)

Domestic violence advocates must provide advocacy and counseling that considers survivors' pregnancy, childbirth and postpartum needs. A [birth doula](#) tends to be an untapped resource in the domestic violence field. Participate in this webinar to learn more about the impact of domestic violence trauma, past or present, on pregnant women and their childbirth experience.

April 29

[Crisis Intervention Basic Advocacy Training](#)

Presented by the Action Alliance

April 30

[Cultural Competency Basic Advocacy Training](#)

Presented by the Action Alliance

May 28-30th

[Virginia Coalition for the Prevention of Elder Abuse](#)

A statewide conference focusing exclusively on the subject of adult abuse, neglect and exploitation and other elder related issues held each year at Virginia Beach. Scholarships are also available [here](#).

New Resource: National Domestic Violence Resource Center

[The NRCDV Access Initiative: Documenting our progress towards greater accessibility](#)

Be the change we wish to see in the world. That is just what the staff of the NRCDV had in mind when we launched the "Access Initiative" in 2006. The Initiative represented NRCDV's organizational commitment to individuals with disabilities and accessibility in general.

This resource page describes the story of the Access Initiative, offers definitions of key terms, and provides an overview of our key activities and accomplishments. Also included are lessons learned and recommendations, a list of materials and resources to support continued learning in this area, and links to organizations that focus on promoting accessibility and civil rights for people with disabilities.

Self-Care Corner- 10 ways to turn around a bad day

I'm a big fan of saying "tomorrow is a new day," but what if you can't wait for tomorrow? What if you need a "new day" right now? This article from [Tiny Buddha](#) (a great self-care resource!) provides a list of 10 quick & easy things you can do to push the reset button if you are having a bad day:

1. Listen to a favorite song and sing along. At the top of your lungs if you can.
2. Take a quick shower. This can help you metaphorically hit the reset button on the day.
3. Watch a funny YouTube video. Funny animal videos usually do the trick. [This](#) one might do the trick.
4. Better yet, pet a real animal. For many people, it can be an instant mood boost.
5. Give or get a hug. Human touch is a form of therapy.
6. Practice deep breathing. No matter what is going on around you, you always have access to the gift of breath.
7. Write about what's bothering you and then write about something you are grateful for.
8. Do some lightweight exercise. Just 5 minutes can help.
9. Sign out of Facebook. Taking a social media break can help with sadness and depression.
10. Walk barefoot in the grass. It's a great grounding exercise that can improve your mood and have an impact on your health.

To read the entire article, click [here](#).

Training cont.

Anytime

[Effective Adjudication of Domestic Abuse Cases](#)

The American Judges Association, with the assistance of Futures Without Violence, and the National Center for State Courts, provides this high quality, web-based, comprehensive FREE domestic violence education for judges.

Multiple Dates

[Neighborhood Assistance Program workshops](#)

The purpose of the Neighborhood Assistance Program is to encourage businesses, trusts and individuals to make donations to approved 501(c)(3) organizations for the benefit of low-income persons. Application workshops have been scheduled for April with applications due May 1, 2014.

[New Six-Part Webinar Series on Girls' Behavioral Health](#)

This past February, SAMHSA launched the *Girls Matter!* webinar series to discuss challenges, opportunities, and strategies for supporting girls. *Girls Matter!* will feature a 90-minute webinar each month covering a related behavioral health topic.

[Cultivating Your Evaluation Capacity](#)

The Center on Victimization and Safety at the Vera Institute of Justice is pleased to announce a 6-part webinar series on Cultivating Your Evaluation Capacity.